

LivingWell



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MVP Health Care

Simple Tips

to Get and Stay Healthy in 2020

Exercise more. Eat more fruits and vegetables. Cut back on salt and sugar. Many people know this and make resolutions for the new year to improve their health and wellness. But, often, by the time February or March rolls around, we have fallen back into our old habits. The question is, how do we keep our resolutions throughout the new year?

LEARN MORE INSIDE 

We Need Your Voice!

Join the MVP Member Advisory Council

MVP is dedicated to serving our members. The Member Advisory Council was created so that you could share your opinions with us. Joining the Member Advisory Council will give you the opportunity to tell us what you think about our services and how you think we can improve.

Commitment is minimal! The Council only meets twice a year, lunch will be provided, and your transportation costs will be reimbursed.

Interested in joining?

Send an email to members@mvphealthcare.com or call the MVP Members Services/Customer Care Center at **1-800-852-7826** (TTY: 1-800-662-1220), Monday-Friday, 8 am-6 pm.



Simple Tips

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How do we make our resolutions lifestyle changes for the better?
Here are a few tips to keep in mind.

1 Replace your meat or starchy side dish with beans or lentils.

Beans are a super food! With fiber, protein, potassium, magnesium, folate, and iron, beans lower LDL (“bad”) cholesterol and are very filling. Bonus: they are affordable and delicious!

2 Go nuts!

Nuts and seeds offer plant protein and healthy fats! Sprinkle them on salads instead of croutons, top your yogurt or oatmeal with almonds or walnuts, or enjoy a handful as a healthy snack.

3 Add veggies to supersize your grains.

A serving of grains or pasta is only half a cup which isn’t much. It wouldn’t even fill a tennis ball! Solution: add steamed, sautéed, or roasted veggies. This will bulk up your meal without adding a lot of calories and you won’t overeat carbs.

4 Don’t drink your calories.

Sugary drinks—soda, fruit juice, sports drinks, energy drinks, or sweetened coffee and teas—lead to weight gain. When you drink these liquids, you have taken in calories, but your body doesn’t feel full. You may have consumed the caloric equivalent of two meals without ever knowing and still feel hungry. Try and moderate your intake of high calorie, sugary drinks and choose water more often. Just give that beverage a second thought before you drink it—you will do yourself and your body a favor.

5 Get Excited About Exercise

Exercise can seem overwhelming. But research shows that all amounts and types of exercise keep your brain and body in shape. Exercise helps us think better, sleep better, and help with anxiety.

New Year’s resolutions to improve your health and wellbeing are hard to keep. But if you stay positive, keep it simple, and focus on your successes, you can keep healthy well into the New Year and after!





Make This Year About You

From Christopher Del Vecchio

President and Chief Executive Officer

With the start of a new year, and a new decade, there could be no better time to take steps toward a healthier lifestyle. Rest assured, you don't have to take the journey alone.

In the pages of this newsletter, you'll find the ways MVP can help you make 2020 your healthiest year yet, some simple tips to help you keep your New Year's resolutions, and the importance of preconception care if you are thinking about adding a little one to your family. It's all part of our continued promise to make health insurance more convenient, more supportive, and more personal.

Let's start 2020 on a healthy note, together!

Get LivingWell by Email

Visit mvphealthcare.com and *Sign In* to your online account. Then select *Communication Preferences* to opt in. MVP will continue to send information about your health plan contract and benefits by mail.

Para leer este boletín informativo en español, visite mvphealthcare.com y seleccione *Members*, luego *Health & Wellness*, y luego *View Newsletters*. Verá los boletines informativos en español.

Material presented in this magazine is informational only and is not intended to replace medical advice, which should be obtained from a qualified physician.



A Healthier New York:

Governor Cuomo Health Care Policy Priorities for 2020



Governor Andrew Cuomo delivered his annual State of the State address in Albany, New York on January 9, 2020. He urged Albany lawmakers to support a series of health care policy priorities for 2020. Some of his proposals include lowering prescription drug prices, combating the opioid crisis through the expansion of Medication Assisted Treatment for those struggling with an opioid use disorder, and banning flavored nicotine products and vaping ads targeted to youth. MVP will continue to monitor these important health-related policy proposals and keep you informed of any updates.

Starting 2020 on a Healthy Note

Now that we have started the new year, you need to call your doctor to have a checkup. Having a yearly checkup will help to see if you have any problems like high blood pressure. Simple testing and follow-up with your doctor can help find problems and start you on the right track.

Call your doctor and find out what you and your family may need to do this year. If you need help finding a doctor or scheduling a visit, call MVP Member Services/Customer Care.

The Importance of Preconception Health

Preconception health is the health of women and men during their reproductive years. The years that they can have a child. It focuses on taking steps to protect the health of a baby they might have sometime in the future. But all women and men can benefit from preconception health if they plan to have a baby or not.

Preconception health care is different for everyone. Based on a person's unique needs and health status, the doctor or other health care professional will suggest a course of treatment or follow-up care based on personal values and resources. If you have not talked with your doctor about this type of care—ask for it!

Healthy Women

Preconception health is important for every woman—not just those planning pregnancy. It means taking control and choosing healthy habits. It means living well and feeling good about your life. Preconception health is about making a plan for the future and taking the steps to get there!

Healthy Men

Preconception health is important for men too! It means choosing to get and stay as healthy as possible—and helping others to do the same. As a partner, it means encouraging and supporting the health of your partner. As a father, it means protecting your children. Preconception health is about providing yourself and your loved ones a healthy future.

Healthy Babies

Preconception health care is a precious gift to babies. For babies, preconception health means their parents took steps to get healthy before pregnancy. Such babies are less likely to be born early or have low birthweight. They are more likely to be born without birth defects or other disabling conditions. Preconception health gives babies the best chance for a healthy start in life.

Healthy Families

Preconception health care is a great way to create a healthy family. Taking care of your health now will help to ensure a better quality of life for yourself and your family.



Build Healthier Habits— See Results with **myVisitNow**[®]

With **myVisitNow**, you have access to nutrition counseling! Schedule a meeting today and get personalized nutrition advice and diet plans based on your unique goals—all from the comfort and privacy of your home. Nutrition counselors can answer questions and address concerns about weight loss, digestive disorders, sports nutrition, food allergies, specialty diet plans, high blood pressure/cholesterol, and more! Visit mvphealthcare.com for more information and to see if **myVisitNow** is included with your MVP plan.

myVisitNow is powered by American Well. Regulatory restrictions may apply.



Coronavirus: Be prepared and aware

Please visit cdc.gov/coronavirus for information on the ongoing outbreak of the coronavirus (2019-nCoV) and what you can do to reduce your risk of infection.

Contact Us

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Customer Care Center

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Comments?

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